



Armed Forces Retirement Home

Communicator

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At AFRH-W

Chiefs Feted at Navy's 119th CPO Celebration

By R.W. Ragland, U.S. Army (ret)
AFRH-W Volunteer

Eight retired Chief Petty Officers from AFRH-W were the guests of honor at the 119th CPO Celebration held April 2 at the U.S. Navy Memorial Foundation and Museum on Pennsylvania Avenue in downtown Washington, D.C. The event also officially kicked off "The Year of the Chief." More than 250 people were in attendance, many of whom were current or aspiring Navy CPOs.

Receiving front-row seats and high praise from their younger active duty and reserve CPO counterparts and shipmen were Robert Cooper, John Hess, August Kulich, Alex Picard, Warren Pospisil, James Pratt, Helen Sadowski and James Webster. With each proudly sporting their service medals and badges, the Residents were "dressed to the Nines" for the annual CPO occasion. (CPOs are the equivalent of E-7s through E-9s in the military non-commissioned officer rank structure.)

In addition to an impressive precision drill presentation by the U.S. Navy Ceremonial Drill Team and a reception at the end, the two and one-half hour event featured brief speeches from Chief of Naval Operations Admiral Jonathan Greenert, Master Chief Petty Officer of the Navy Rick West, and retired MCPON Jim Herdt, who is serving as chairman of the "Year of the Chief," which will last until March 2013.

ADM Greenert was the fill-in guest speaker for screen and television actor Gary Sinise. He was unable to attend because of minor injuries suffered in an automobile acci-



"STAR" TREATMENT—In the shadow of the Navy Memorial's Lone Sailor statue—and in a "sea" of Navy beige—AFRH-W Chief Petty Officers-Retired bask in the front-row seating at the 119th CPO Celebration on April 2 in Washington, D.C. Attending, from left to right, are Warren Pospisil, August Kulick, Jim Webster, Helen Sadowski, Alex Picard, John Hess, Robert Cooper and James Pratt. The Residents were given "star treatment" throughout the annual ceremony which was the kickoff of "The Year of the Chief."

(AFRH-W photo by R.W. Ragland)

dent earlier that week while enroute to an event at Bethesda Naval Hospital. Sinise, who currently stars in "CSI: NY" and played a military amputee in the movie "Forrest Gump," is known for his active commitment to the Armed Forces servicemembers and their families. He is an Honorary CPO.

It was the first CPO Celebration for

Helen Sadowski, the lone WAVE representing AFRH-W who retired as a Chief Yeoman in 1971 after 20 years' Navy service. She was both pleased and quite astonished by the magnitude of the event.

"I was very impressed by it all," she said. "I've never seen so many Chiefs in one

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Cheering crowds greet World War II veterans



Marian Powers waves hello as she passes through the terminal at the Gulfport-Biloxi International Airport on Tuesday night, April 24, returning from Washington, DC. Powers and 92 other World War II veterans were participants in the third Mississippi Gulf Coast Honor Flight that spent the day at the World War II Memorial in DC. They arrived home Tuesday evening to a crowd of over 3,000 well wishers wanting to pay tribute to the veterans. Six AFRH-G residents went on the Mississippi Honor Flight.

(Photo by Susan Bergman)

The next Mississippi Honor Flight is scheduled for September 2012. All World War II veterans are encouraged to be a part of this life-changing event. Applications are located in Administration.

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AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the *AFRH Communicator* staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

Serving Washington, D.C. and Gulfport, Mississippi



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

Become a resident today!

AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

Eligibility: Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home. <http://www.carf.org> <http://www.carf.org/aging>



The Chief Operating Officer wants to encourage Residents, who want feedback, to submit questions, concerns, or comments

regarding the Armed Forces Retirement Home to the following email address:

AFRH_PAO@AFRH.GOV

A section of the Communicator will be set aside to provide RESIDENT feedback.

AFRH-G Veteran Highlight

By Ruby Woods-Robinson, M.S.L.S., Librarian

Sedro Woolley, Washington was Arnold M. Scarburry's birth place. At an early age his family left Sedro Woolley, and moved to Portland, Oregon, where he received his Elementary and Secondary Education. To escape finishing high school classes at the age of seventeen and a half years old, Arnold joined the Air Force. However, his parents insisted that he get his high school diploma before leaving for the military, so he took his GED test and passed it at the time that he would have graduated from high school. He has never regretted a day in his life that he made this decision.

Arnold states that he loved his jobs in the military; he received a great education, worked great jobs and had a wonderful career and life after retiring from the Air Force as an Air Traffic Controller.

Mr. Scarburry did his Basic Training at Parks Air Force in Oakland, California. After Basic Training off he went to Keesler Air Force Base, in Mississippi, to become an Air Traffic Controller. Then off to France for five years to three different bases; Laon Air Force Base, Évreux-Fauville Air Force Base, and Durex Air Force Base France.

While stationed at Perrin Air Force Base in Texas he was recruited to attend the U.S. State Department's Foreign Language Institute to learn Spanish. Having completing that, Arnold was assigned to Maron Air Force Base in Spain. In Spain, all Air Controllers had to be bilingual. As Arnold reminisces, he states that he met a number of the Spanish Air Con-

trollers who attended Air Traffic Control School at Keesler Air Force Base and they remained friends for years. Then he was assigned to Spain in 1964. Later he was assigned to McCord Air Force Base in 1968 and then to Vietnam in 1969. Then to the Clark Air Force Base in the Philippines. He was assigned to PACMARK, Pacific Military Altitude Reservation. This U.S. military agency in the Pacific is responsible for developing altitude reservations (ALTRV) is the Pacific Military Altitude Reservation Function (PAC-MARF). PACMARF is presently located in Hawaii, but during Arnold's time it was at the Clark Air Force Base in the Philippines, and staffed by the U.S. Air Force. They had responsibility for coordinating all ALTRV requests in the Pacific region where a memorandum of understanding (MOU) exists with the appropriate civil aviation authorities. The PACMARF also has a counterpart in Europe (EUCARF) for European and Atlantic ALTRV coordination. Within the U.S., this function (CARF) is staffed by the Federal Aviation Administration. Each performs the same function within its assigned area of responsibility.

While in the Philippines, he coordinated with the U.S. Embassy Manila and the Air Force agencies the removal of all of the United States Air Craft from Thailand to the U.S., he was the only enlisted person involved in these meetings, and this conference.

Arnold was the coordinator in Manila to personally coordinate the air space with Hanoi or Saigon Air Control Center to remove the U. S. Prisoners of War to Clark Air Force Base. After this, he closed the facility and returned the

furniture to the Embassy and returned to Clark Air Force Base. He was the last military to leave the Control Center in Manila.

In 1974 he was assigned again to Spain, Torrejon Air Force Base as an Air Traffic Controller where he met the lady of his dreams, "Maria Isabelle Boza". Arnold and Maria married in 1978 and from that union, there daughter, Alee was born. Alee lives in Toronto, Canada, with Mr. Scarburry's 18 months old granddaughter and Alee has another on the way. Mrs. Scarburry or Maria lives in Sebu, Philippines, where Arnold is still a resident. Arnold enjoys living at the Armed Forces Retirement Home-Gulfport because it is a worry-free, easy life and a wonderful environment plus the residents are very interesting.



Arnold M. Scarburry with his wife Maria and daughter Alee.

AFRH-W Veteran Highlight

Fay Steele

*By Christine Baldwin
AFRH-W Librarian*

Fay Steele joined the U.S. Army in September 1937 with the intent of becoming an Aerial Photographer. He wanted to sign up for thirty years, but could only sign up for three years at a time. His career included flying in 78 Combat missions. Sixty five of these missions were flown as Waist Gunner and Combat Photographer with the Ninth Air Force, in which he earned the Air Medal with 12 Oak Leaf Clusters. The other thirteen missions were with the Ninth Troop-Carrier Command (Airborne) and included two Combat Glider landings. As a result of one of these landings, Fay was awarded the Bronze Star Medal with a V. Later, he was attached to several American Embassies, including the Soviet Union,

France, Indonesia and Egypt. Fay retired on November 19, 1957.

Along with this military career, Fay became a track and field star. In 1940, while stationed in Panama, he became the first person to run from the Atlantic Ocean to the Pacific Ocean in one day. In September of 1990, Fay made his 5th trans-Isthmus run exactly fifty years after his first run. Believe it or not, he made the run 2 ½ hours faster! This is after he established a new World Record for men over 70 years old in 1986. Fay was also a star in the U.S. National Senior Olympics Championship, entering the extremely challenging Decathlon. Of the seven times he competed, he won six times!

After his Military Career, Fay embarked on a Zoo career as a Bird Specialist.

In this twenty year stint, he went to eight different U.S. zoos. He was then hired by the Smithsonian to do a study of endangered birds on the Mauritius Island. As a result of this work, Fay was elected to membership in the prestigious International Explorer's Club that includes such members as Charles A. Lindberg, Prince Philip of England and James Doolittle.

Fay came to AFRH-W in 1996. He has been very active; becoming an "Iron Man" under the walking program, writing an autobiography titled "A Man of Steele", and providing musical enjoyment with his cataloged collection of 45 records.

Fay Steele "A Man of Steele" enjoys taking walks around the Washington campus.



Message from the Chief Operating Officer



On Thursday, April 19th we conducted an AFRH Advisory Council meeting at our Gulfport facility. The meeting was held in accordance with the provisions of the National Defense Authorization Act (NDAA) dated December 31, 2011. The Advisory Council is comprised of a diverse group of AFRH stakeholders from Federal agencies, health care professionals, activity duty leadership, and the Administrators and Resident Advisory Committee (RAC) Chairs from both of our facilities.

I recognize the important role this Advisory Council plays in our organization. They are dedicated in providing us with the finest support and suggestions in their areas of expertise. I would like to take this opportunity to provide an overview of what was presented by the Agency, Gulfport and Washington leadership and Resident Advisory Committee (RAC) Chairs as well.

The Council was briefed on the overall Trust Fund balance, and key expenditures over the next year to include the Scott Project and Capital Projects for the Gulfport and Washington facilities. The Capital Projects over the next six months in Washington include the installation of new Sheridan elevators (south end), renovation of Quarters 45, remodeling Eagle Gate entry, Sheridan interior renovation of the Assisted Living area, installation of new boilers for Sheridan, updating the campus fire alarm system, installation of a keyless lock system and safes and replacement of the patient monitoring system. The Capital Projects for Gulfport include the installation of additional automatic door openers, alteration of the dining room column corners and Resident room medicine cabinets, color coded identification for the parking

garage, installation of a south balcony sunshade canopy, upgrading the VignCare keyless system to network, installation of a monitoring system on the loading dock elevators, and the installation of exterior electrical outlets. We also provided the Council with the status of providing Senior TV service to both facilities. Next the Council was briefed on Medical Staff By-laws, credentialing and pain management. This brief also included information regarding our suicide prevention & awareness program that has been implemented for staff and Residents. We explained to the Council that our relationship with other agencies such as the VA Medical Centers and private hospitals are key components of our Resident's health care. We made it very clear that we will continue to partner with all health care facilities in order to provide the best care for each individual Resident.

The Council was made aware of AFRH Inspector General (IG) investigations that have been conducted over the last year. Two separate investigations were conducted in the Gulfport facility Wellness Center (April 2011 and February 2012). The IG also conducted Sensing Sessions during November 2011 that also consisted of one-on-one meetings with Federal and contract staff at our Gulfport facility. The Council was also briefed on the upcoming Department of Defense (DoD) IG Inspections that are currently scheduled for August 27-31 in Washington and September 10-14 in Gulfport.

We provided the Council with the State of Human Capital Management (HCM) report from the Office of Personnel Management (OPM) on AFRH. This report provides a complete overview of AFRHs strengths, initiatives, challenges, opportunities, risks and ways to improve our HMC program. AFRH did great!

The Gulfport facility briefed the submission of the QIP in March for a 2011 CARF survey. A written philosophy of health and wellness for persons served that is shared with the persons served was recommended and addressed. Gulfport reported that a Non-Appropriated Fund Review had been conducted and recommendation and corrective actions have been completed. The Council was informed



AFRH Advisory Council meeting held in Gulfport on April 19, 2012.

that the Gulfport facility averages 276 volunteers per month and out of those 168 are military volunteers. Community support ranges from Volunteer Expo's to a Green Roof Study Project by Mississippi State University Horticultural Extension Services. William "Bill" Parker, Gulfport's RAC Chair, provided updates on start up projects, the new Resident gift shop, and Cable One involvement in documenting our veteran's military history. The Gulfport RAC continues to be very active and committed to being self-sufficient.

The Washington facility brief included the submission of the Quality Improvement Plan (QIP) in February for the 2011 survey conducted by CARF. There were 13 recommendations made and three have been completed in Leadership, Human Resources and Financial Planning. The Council was informed that the remaining recommendations would be completed by June 2012. The Performance Improvement (PI) Committee report was shared with the Council, which identified 24 potential risks. Out of the 24 potential risks only two were deemed high risk (vehicle operations and resident falls) using a Risk Management matrix. Included in the brief was information pertaining to the recent Non-Appropriated Fund Review that provided Washington positive guidance and corrective action in this area. Two other areas briefed were the tremendous Volunteer Program (military and civilian) and the Community support and outreach that have really grown over the past year. The RAC provided insight on

Community Involvement such as the Friends of the Home, Cherry Blossom Tribute and Double Nickel. The importance of RAC subcommittees was highlighted by Esker McConnell, which includes committees of the Hall of Honor & signage (Scott building) and donations to AFRH by Residents.

An AFRH Advisory Council draft directive was provided to the Council members for review. This directive will provide guidance to the Council in regards to membership composition, terms of service, duties, and requirements that are set forth in the 2012 NDAA. The Council was also provided with a template to facilitate their legislatively mandated annual report of the AFRH to the Office of the Secretary of Defense.

I would like to thank the members of the Council for attending the meeting in Gulfport. It is evident the Council wants to make a positive impact for each Resident at AFRH. Throughout the meeting members of the Council asked questions during our briefs in regards to Resident impact and Resident input. Colonel Randall White, USAF, the AFRH Advisory Council Chair, met one-on-one with Gulfport Residents to discuss their topics, suggestion and concerns. The Council will have a better understanding of who you are and whom we serve. I truly believe that the members of this Council make a difference at AFRH.

Next month I will discuss the Resident User fees and revenue.

Steven McManus

Ask the COO

(Question & Answer)

Q: Why don't you publish a Fact Sheet or Notice explaining why Residents are now receiving Notices from Medicare, Tricare and Civilian Insurance Companies for Laboratory Billing/use at AFRH-W, when they have not been billed in the past?

A: We are reviewing; will provide response in the May Communicator.

Q: Why doesn't Management put phones back in the Sheridan Rooms? When phones are placed in the office spaces and other rooms in the then New-Scott Building? Our phones were removed and we were sold a "Bill of Goods" that the "Pull cord system" was better. The earthquake proved this is not true. Cord System is unreliable and proven in the immediate past.

A: As we rebuild the Scott Building a new system may be fielded to replace the current system. The current system is approximately five (5) years old and used primarily for our Independent Living population. It has proven to be effect and responsive; however, we hope to field a system that provides a benefit to all levels of care.

Q: Why is the AFRH-W not considered Sub-Standard when compared with AFRH-G? size of rooms; swimming pool; food service; transportation off campus; etc. When considering limitations on Resident Fees, at AFRH-W? Fees should be reduced not raised (COLA 3.6% refers).

A: AFRH provides many services. The residents' room is a small part of the resident fee. The annual resident fee is approximately one-fifth of the annual operating budget per resident. In May's communicator the COO's article will discuss the resident fee and AFRH revenue in general.

Q: Why are prescriptions not being filled and delivered on the same day as written as required by paragraph 4 of the Court Order? This could be provided by combining Lab delivery of specimens.

A: We are reviewing; will provide response in May's Communicator.

Q: Why is the AFRH-W violating the U.S. District Court for the District of Columbia Civil Case Code U.S.

Sec. of Defense Paragraph 5 of schedule A requiring daily scheduled transportation to nearby medical facilities? Note: Daily means 7 days a week not ceasing on Friday afternoon. This transportation should commence immediately.

A: AFRH-W Security provides non-emergency transportation. 911 emergency service is used for all life threatening emergencies. If the healthcare staff feels non-emergency transport will place the resident at risk, Security will not transport and only 911 emergency service will be used for the life and safety of the resident.

Q: Why has management not obtained an agreement with the Sec. of Veterans Affairs and the Sec. of Defense for lab support at their facilities and thereby terminate the contract with Lab Corp then return the previous employee to the Lab with Blood Sample and other samples transported daily by either the Pharmacy Employee or Lab Employee to the Hospital? In case of the Lab Employee being absent a Registered Nurse could "Man" the Lab.

A: An agreement with VA and DOD for laboratory support would place an unnecessary burden on an already work loaded system. A contract, which bills MEDICARE, has been established to provide the same level of phlebotomy services through the Wellness Center.

Q: Why is the home discriminating against those who pay maximum fees by increasing their fee on 1 Jan 2012 and not increasing the fees of the other Residents until Jan. 2013? For the Cola increase of 3.6% passed in Dec. 2011. Those Residents should be made whole by refunding the collected fees. This is blatant discrimination which should be decided in court.

A: Resident fees will be discussed in the COO's article in May's Communicator.

Q: Why is Management Violation COO Fact Sheet No. 4 of Aug. 3, 2003 which clearly States that Congress set the fees as set forth in Paragraph 1 and specifically so in Paragraph 7. This Fact Sheet limits the COO in raising fees and denies establishing a minimum flat user fee.

A: Resident fees will be discussed in the COO's article in May's Communicator.

Q: New plaques in South East corner of AFRH-G Façade are in disrepair - Need to be cleaned up and

shined. Impress the visitors.

A: Thank you for your input. We will inform Gulfport management.

Q: Subject - User Fees; Take out Dollars only (No Pennies).

A: This recommendation is being reviewed; will provide response in May's Communicator.

Q: Thursday is "Pancake" day at the mess hall only on the "Regular Serving Line" - Can the "Diet Line" have pancakes also, sugary syrups on Thursdays?

A: This recommendation is being reviewed; will provide response in May's Communicator.

Q: How is our Tree watering system coming along? Still awaiting the decision on Parking spots, I like personal parking places. The carpet on the 2nd floor was done quickly and without much disorientation. The Player Piano is going to be a big hit. Thank you for listening and caring. I Love my Home.

A: Watering the trees is included in our Grounds Contract. The Contractor will be watering the trees in the future.

Q: Visitors parking spaces in front of building some are used by employees. I see a light brown Ford Explorer - departs parking area between 1:50 - 2:10 p.m. every working day. Suggestion: advise employees they are not to park in this area.

A: Thank you for your input. We will inform Campus Management and employees.

Q: Give the Guards at the Guard Gate a break - Let them park at the Gate

A: Recommendation is being reviewed; will provide response in May's Communicator.

Q: The Floating Light and Water Show 1-(800) 543-3366 Article \$59.95.

A: Recommendation is being reviewed; will provide response in May's Communicator.

Q: Any chance of putting fenders on the tri cycles - mud, dirt, pebbles, water, etc. is thrown onto the rider for lack of fenders VRA the wheels.

A: Recommendation is being reviewed; will provide response in May's Communicator.

Thank you for the questions. COO comment/suggestion boxes are located in common areas of both campuses. Feel free to ask your question and it will be answered in this forum in a future editions of the [AFRH Communicator](#).

From the AFRH-W Administrator



Ernest Hemingway wrote *For Whom the Bell Tolls*, becoming a literary triumph for the author. The novel is based on his experiences during the Spanish Civil War, with an American protagonist named

Robert Jordan who fights with Spanish soldiers for the Republicans.

The title of the book is a reference to John Donne's series of meditations and prayers on health, pain, sickness and death that were published as a book in 1624 under the title *Devotions upon Emergent Occasions*.

"No man is an Iland, intire of it selfe; every man is a peece of the Continent, a part of the maine; if a Clod bee washed away by the Sea, Europe is the lesse, as well as if a Promontorie were, as well as if a Mannor of thy friends or of thine owne were; any mans death diminishes me, because I am involved in Mankinde; And therefore never send to know for whom the bell tolls; It tolls for thee."

This novel is told primarily through the thoughts and experiences of the protagonist, Robert Jordan. Robert Jordan is an American in the International Brigades who travels to Spain to oppose the fascist forces. As an experienced dynamiter, he was ordered by a communist Russian general to travel behind enemy lines and destroy a bridge, with the aid of a band of local antifascist guerrillas. The book is well written and compels each reader to consider if we have "what it takes".

Death is a primary preoccupation of the novel. When Robert Jordan is assigned to blow up the bridge, he knows that he will not survive it. Other leaders of the Republican guerrilla bands see that inevitability also. Almost all of the main characters in the book contemplate their own deaths.

There is camaraderie in the face of

death throughout the novel, with the need for surrender of one's self for the common good repeated. Robert Jordan and others are ready to do "as all good men should" – that is, to make the ultimate sacrifice. The oft-repeated embracing gesture reinforces this sense of close companionship in the face of death.

I just received news that another person from my high school class died. A good number are gone, as well as friends from college and graduate school. I remember my Uncle Clare telling me when he was 95, the year he died, that "no one is left".

We are born to die, and yet, from generation to generation we long for more. We know death is inevitable, but somehow we do not think it is meant for us. Soldiers would not charge into battle if they felt any other way. They enter with the illusion others will die, but they will survive. For whom does the bell toll? Surely not for me. But of course, no one escapes the inevitable. John Dunne, the literary critic and essayist, was right. The bell tolls for thee.

I have met many intellectuals in my decades. Some have become friends. Most were agnostic through their young-adult years, but now they whisper doubts in my ear. Doubts that they can sustain their agnosticism.

It begins with that troubling, "And yet." They listen to the reasons of the heart, and the heart says, "We were made for more than this." That is why we stare into the night sky until there is nothing more to see.

There is something deep within us that yearns for more, and in the yearning itself there is instruction. If mankind evolved from the impersonal plus time plus chance, why do we yearn so? Why are we not more like a flower that withers and dies without a thought for its future? Why this deep longing?

So my friends whisper in my ear, "This yearning, this longing, did someone put it there?"

And I say, "I think so. Yes, I do." And the conversation continues, and it is good.

David Watkins

CPOs Feted at Navy Ceremony

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place at one time," she said. "And when you throw in the fact that the CNO (Chief of Naval Operations) is in attendance, well, it doesn't get much bigger of an occasion than that," she added.

As an additional momento of the occasion, she and the other AFRH-W CPOs received a commemorative coin from ADM Greenert. It added to Helen's collection of 20 coins.

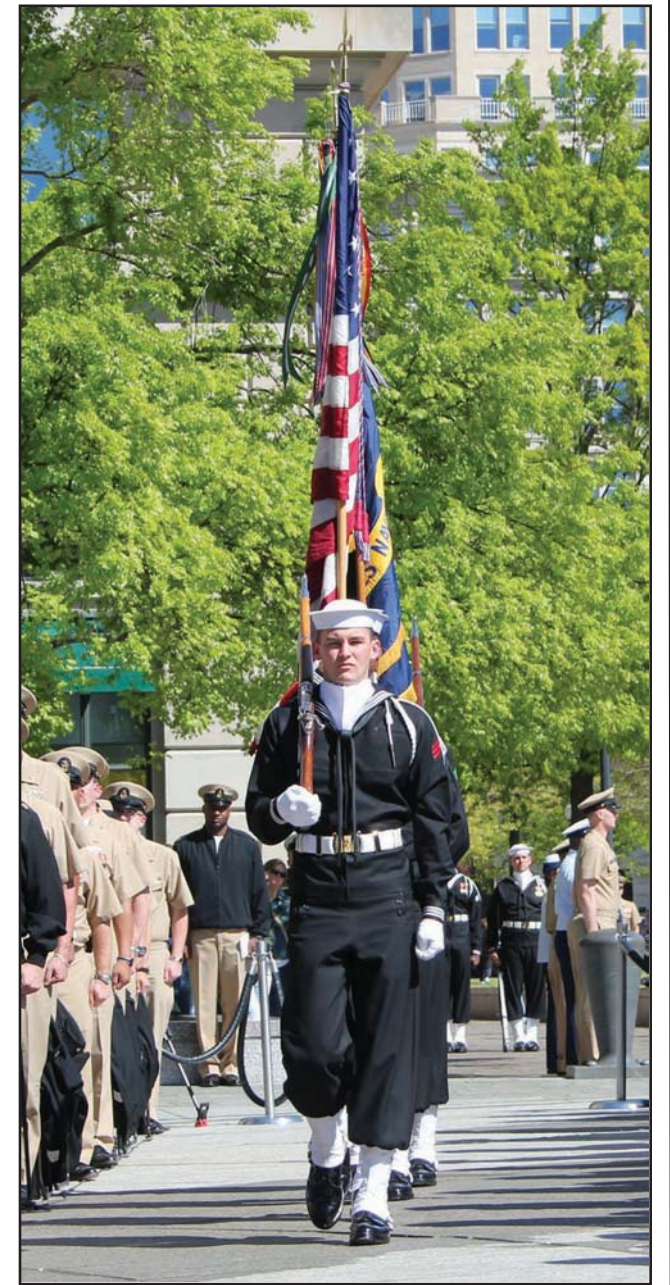
It was also the first CPO Celebration for Warren Pospisil, who retired as a TMC—Torpedoman's Chief E-7. He echoed Helen's comments.

"The turnout of active duty Chiefs and speakers was impressive and moving. The entire ceremony was well done, including the reception afterwards," he said. "And all the speakers spoke very well of us."

That was a sentiment also echoed by Jim Hess, who retired after 33 years at the rank of Signalman Master Chief, E-9. Most ceremonies on this scale are pretty similar, he said, but this one was different.

"The treatment all of us from AFRH got from all of the Chiefs that day was pretty overwhelming. And a chair in the front row with our names on it and with Chiefs who escorted us individually all around, you know that was pretty special to me," he said.

And he echoed Helen's and Warren's comments, as well as the other five Residents who were in attendance: "We've always been known as the 'go-to guys' in the Navy. It was pretty unique that all the speakers reaffirmed that importance about us, to the next generation of CPOs".



PRECISION STEPS AND MORE--
The Navy's Ceremonial Drill Team prepare to present the colors at the beginning of the annual CPO ceremony in the Memorial's courtyard. Moments later, they presented a flawless, 15-minute saber and rifle twirling performance before more than 250 attendees.

(AFRH-W photo by R.W. Ragland)

Navy Memorial celebrates the "Year of the CPO"!

Notes from the AFRH-W

Chairman, Resident Advisory Committee



There are important things that I must discuss with you in this column. First, the Resident Advisory Committee (RAC) is now forming a sub-committee that will deal with developing media that asks Residents of the home to think of leaving

their estate to the home upon their death. Many Residents of the homes leave their estate to organizations not related to the military. While these organizations are fine, outstanding groups, why not FIRST think of leaving your estate to assist in keeping the homes available to future members who meet the requirements to live here. But enough words now the hard work begins. If you would like to serve on this committee to develop media on this subject please see me – in the dining hall, on the elevators, in the hallways, anywhere.

We also have a committee working on the 'Hall-of-Honor' that will be in the new Scott Building. Mr. John Miller is heading up this sub-committee of the RAC. It is also an important item for you the Resident. What items do you have that could be displayed in the 'Hall-of-Honor'?

The Resident Floor Representatives will meet with Mr. Woo on the signage for the new Scott Building. As we move into the new building we start a new era in remembering past Residents of the home who have contributed to making this place what it is today and, what it can be in the future. Gone will be the day when one could say that unless you asked someone one who lived here; one would be hard pressed to know that this was an retirement home for former military members as opposed to just a retired home. Your suggestions on this matter are also welcomed. Give your suggestions to your floor representative as soon as you can. Name the dining hall, the

meeting room these are just two of many areas in which names could be applied. If you know of someone who you think should be so recognized let me know.

Many of you know about the Double Nickels Speak Easy group that meets on the first and third Saturday of every month on the third floor of the Sheridan. You may have thought that it was just a place to talk about the time you were in the service and the stories you wanted to tell. Well, things are on the way to make it stories not only about the time you were in the service, but that time you were not. You know, your first job after you got out of the military, all the things you did and accomplished while not in the service. You have a story to tell and we want to hear it. Please join us and start the weekend out right.

We have completed the work on the form to let you inform us when you go into the hospital so that the Hospital visit sub-committee can visit you. If you have not completed this form and turned it in, please do so. And also if you do not want to let us know that you went into the hospital let us know that also.

At the last RAC meeting we held a discussion of taping of the RAC meetings. Points of views from all sides were heard and finally it was determined that, if you wish to present something to the RAC and not have it taped just ask that it not be taped. The taping of the meeting will stop and resume after you have completed your presentation. This is the way I like to see the RAC operate all points of views can be accommodated if everyone just gives a little.

I had asked for Residents who wished to fill vacant positions on the Resident Fund Advisory to let me know. And you did; so much so that I had to make a determination as to who would be best to serve all Residents. At the present time my request has been sent to the Administrator of the home who will notify those selected. Those not selected I will keep on file to use later as new positions



Esker McConnell briefs the AFRH Advisory Council on several projects the RAC Committee in Washington has been actively working open.

We are trying to get together on an in-house newsletter to let Residents know of the positive things that Residents are doing that do not get into The Communicator. If you would like to work on this effort please let Mr. Wachter the floor representative for the Third Floor Sheridan know that you wish to help.

The population of the Washington home continues to grow with a total population of 517 Residents as of the 16th of April, 2012. This includes 320 in independent liv-

ing, 49 in independent living plus, and in La-Garde 57 Residents in assisted living and 91 Residents in long-term care.

Well, that is it for another month. I feel so good about the work of the RAC that I wish that all of you who read this article could become members. Think about that for a minute, we could have a meeting with over 500 people taking part. Then, on the other hand, maybe that is not such a good idea. Have a great May, 2012 and say HI to any new Resident you might encounter.

Esker F. McConnell

Korean War veterans are invited to tell their story

Students want to raise awareness for the American war veterans who participated in the Korean War by writing a book. This is an opportunity for Korean War veterans to share their stories for future generations. Through this book, these students hope that the future generation will have an opportunity to learn more about what happened in the Korean War, the forgotten war, and appreciate what the veterans have done.

Washington Korean War veterans interested in sharing their story may contact PAO at 202-541-7550 for more information.



Richard Robinson, US Army retired and Korean War Veteran shares his military service time during the Korean War with several students who are writing a book in honor of the American Korean War Veterans.

From the AFRH-G Administrator



At the last quarterly memorial I was asked to say a few words. That is a difficult request for a person like me. Trying to honor the request I searched the internet for a poem for Veterans and this poem, Heroes For Me, caught my eye. My arms tingled as I read it and I thought of all of you who have served our country to keep us free. People fought and died for what the flag represented. Then I thought about all the residents we were there to honor and how they served our country to keep us free. It is a very important tradition we have at the Armed Forces Retirement Home to remember. Remember those of us who have served and those of us who are no longer with us. The Flag is such an important part of that. When I was in the Air Force for those short 6 years I went to survival school in Spokane, Washington. In the early 80's women were a new thought to combat. It was a struggle at first to really know what to do with us. When I got my orders to Offutt Air Force Base to fly on Looking Glass I was so excited, until I met the Master Chief. He sat me down and said they didn't want women in their unit. I would cramp their "style" and they would have to make revisions to the place where the men pulled 24 hour alerts. He probably wouldn't be able to get away with that conversation today, but in the 80's he could. So when the military decided to make the radio operators go to Survival School guess who they picked first to go. Yes, me. March of 1983, Spokane, Washington in the snow. For those of you that went to survival school you know the drill. For those of you that never had the experience let me tell you some of it. They capture you and pretend they are German Soldiers. They put you in a small cell that I could touch the sides and top and give

you a can for a toilet. They put something that looks like oatmeal in a can through a hole in the door. They put bags over your head every time you were taken from the cell and took you to interrogation rooms and tried to force you to talk against your country. They put us in little boxes that we had to crawl into and left us there for a long time. Then we were put in a camp where they made us do manual labor. Each time a prisoner did something wrong they called me to be the scape goat until they got it right. Whatever "it" was. I had to run around a track with a 50lb bag of rocks until they told me to stop. One time they put me in a 55 gallon drum and covered it with a lid and then covered it with dirt. After 26 hours with no sleep and nothing to eat they raised the Flag and everyone stood at attention and starting singing God Bless America. There was not a dry eye in the camp. What that FLAG meant to every one of us and to this day what it still means to me and you. They debriefed us and said the reason they treated me so bad was to show the men that they could not stick up for a women because in combat the women would be fighting right next to them.

Today thousands of women are going through survival school and going into combat. I am glad that I was able to go through that training when it was new and prove to myself and the Master Chief that I could do it. Because when I left he said that he hoped that I would fail because if I did I couldn't fly on Looking Glass. I spent over 2 years at Offutt with over 2000 hours on Looking Glass. Once the guys got used to women on the flights it was OK.

Memorial Day is right around the corner and as we approach this day, please take a moment and remember. Take a moment to thank your neighbor for serving our country. Never forget, and when you stand tall and say the Pledge of Allegiance – remember.

Thank you.

Laura Slack
Interim Administrator

Notes from the AFRH-G Chairman, Resident Advisory Committee



April 2012 has been another perfect weather month here on the Beach. The Resident count here in Gulfport this month is now 502. Another Birthday Night with A Wonderful Dinner and Fun was had by all especially with "Music by Goldie"! Thank You "Goldie"! Fred and his TEAM of Super-Stars in the Food Service Department created another great "SUCCESS"! Fred, congratulations to you and your Team for another job well done!

Many of the Residents have "stepped up", day after day, to assist in the operations of OUR HOME, to make it a better place to LIVE. To name a few: (or not name) those Residents who wish to remain anonymous for stepping up with, "Funds for Flowers", making our home look just BLOOM-ie. Others like the Balls who volunteer to collect the funds at our weekly dances, and for Joe Kelly volunteering to take the Floor Rep for floor B-4 and Jack Hicks volunteering to be the floor Alternate Rep for floor B-4. Now, there's a dynamic pair that live right there on that Floor. Thanks again to all!!

Now, some notes from the Military Memorabilia Committee. We have received the Military Memorabilia from Walter Reed Army Hospital. The Committee will evaluate the items and decide where the appropriate places are to display these items. Also, a "BIG" Welcome Back to OUR two hand-carved Wooden Eagles that have always guarded the front entry of the "Home" all the way back to the Philadelphia, PA Home. We

have just had them re-re-furbished again and the plaques are being made to explain the story of their past.

HIGHLIGHTS OF ACTIONS AT THE RESIDENTS ADVISORY COMMITTEE MEETING:

The Resident Advisory Committee met on the 10th of April 2012. Some of the actions taken were:

OLD BUSINESS:

-RAC received updates from all Committee Chairpersons.

-RAC approved a motion to accept the MWR recommendations to pay only the top three positions in tournament play. A survey will be sent to elicit resident's response to the recommendations.

NEW BUSINESS:

-RAC approved a motion to appoint Raymond Ross as Floor Rep for Floor B-7.

-RAC approved a motion to appoint Bill Knight as Alternate Floor Rep for floor B-7.

-RAC approved a motion to not fund the Weight Watchers Program.

-The discussion on "Delivery of Meals to ailing Residents." Mr. McManus, in his review of the RAC minutes, pointed out that ailing Residents could be Independent Living Plus and therefore get meals delivered during periods of sickness.

-The following items were referred to the Floor Reps to discuss with their Residents and report back to the RAC next meeting:

--Paying for Golf Fees at local Golf facilities.

--Are Residents in favor of signage on I-10 with direction to AFRH-G?

--Are Residents in favor of signage on our buses stating AFRH-G?

--Are Residents in favor of the hat rule in Fiddler's Green?

Heroes Die for Me

by Jamie Burns

I am the flag
I look down upon this land called America
I have been here since this great nation was formed,
I have seen each battle fought
I have seen the heroes die for me, for my country

Thank you all those of you
Who have kept me flying in the breeze
Keeping this country united as one.
Thank you those of you who have sacrificed your lives,
Giving up all that I may still fly,
Watching over the citizens of this nation.
Thank you all those of you who have ever fought,
I am ever grateful for you.

You risked everything; you faced death each day,
Faced fear, faced many terrible things.
And because of you, my thank you's ring out,
Filling the sky, echoing from the hills
They find their way to the graveyards,
And to all of you still living,
You are a special kind of person.
To anyone who has ever served this country,
And to those serving today
Thank you.

As I watch life from atop my flagpole,
As I think of all you've done,
My feelings become too powerful for words
And all I can say is thank you.



A Blessed Visit
The Archbishop of Military Services, the Most Reverend Timothy Broglio, visited the AFRH-G on Tuesday, April 3, 2012. Archbishop Broglio met with the Catholic congregation at the Chapel and then toured the Home.

--Are Residents in favor of starting our own American Legion?

-RAC approved a motion to approve the request to pay \$400 for New Year's Eve Music.

Many THANKS to all the Residents

for participating in making OUR HOME a Better place to live. Your help, your suggestions, and Your Comments are helping us all become BETTER.
Enjoy!!

Bill Parker

Commander Naval Installations Command visits residents of AFRH-G



VADM William D. French shakes hands with Richard Halloran during his visit to the AFRH-G on Friday, April 13, 2012. VADM French toured the Home and had lunch with residents.

Memorial Day Cookout
May 25
11:30

AFRH-G April Activities

Sign up today for new Osteoball classes

More classes are being offered in the fitness center! The latest addition is going to be Osteoball. Here is what Osteoball can offer you:

- Osteoball is a simple Isometric workout using a partially inflated ball.
- Consists of 10 doctor developed exercises.
- Impacts every major muscle group in a short session.
- Strengthen muscles.
- Increases bone density.
- Perfect group of exercises for arthritis sufferers.

If you have arthritic challenges and are having a difficult time trying to do exercises that involve a lot of repetitions, than this type of class may be right up your alley and is certainly worth a try. Please join us, don't miss out!!

This fun and energetic class will be being taught by one of our highly trained residents. He will be conducting the class on the following days and times: Mondays and Wednesdays at 2 p.m.



Residents follow along during an Osteoball class.

Spring Cookout Valor and Loyalty Hall

By Robert D. Granvle Therapy Assistant /TRS

On Wednesday April, 11, 2012 residents of Valor and Loyalty Hall enjoyed a day of food, fun and fellowship. The Spring Cookout is a time to celebrate and honor our beloved residents. The menu consisted of chop steak, smoke sausage with cheese center, boiled shrimp and luscious potato salad and baked beans on tap followed by Raspberry Marble Cake, Sugar free cheesecake and strawberries rounded off the menu. The atmosphere was festive with temperature in the low 80's. The cookout was a huge success and enjoyed by residents and staff. Resident Fredrick Schell stated, "This was darn good - it doesn't get any better than this."



From left - Mary Jane Farr, Fred Schell, Naomi Pointer and Bill Cleveland enjoy the Spring Cookout held on April 11 for Valor and Loyalty Halls.

United Methodist Pet Ministry Team Brightens Our Day!

By Susan Bergman, MT-BC

Every 4th Monday of the month, you can count on the United Methodist Pet Ministry Team to bring smiles and puppy kisses to AFRH-G front lobby, Valor Hall, & Loyalty Hall. Ray and Mary Marshall share the history of their Papillons, "Houston and Austin" when visiting residents. Also known as the Continental Toy Spaniel, the Papillon is French for butterfly. It is one of the oldest of the toy spaniels and its name is derived from the characteristic butterfly looking fringed and long hair on the ears. Resident's eyes brighten when brothers "Houston and Austin" snuggle up to bring comfort and joy. Ray and Mary often state, "we're looking for baby sitters...you sure would be a great candidate!" Owner Karen Arsenau and "Lucy", her toy poodle, visit with Diamond Blakeney as they share stories of their love of pets. On a recent visit, residents became tickled changing Lucy's name to "Abilene" as she is the girlfriend of "Houston and Austin."

Residents took a break from their Fun Art with Milt (Art Specialist) to watch Mary Marshall lead the three in tricks and treats. We are very fortunate to be able to have visiting pets that feel very much like our own family!

Thank you Houston, Austin, & Lucy for brightening our day!



Volunteer Mary Marshall has the full attention of Houston, Austin and Lucy. The canine trio were on Valor Hall as part of the Pet Therapy Program.

'We get by with a little help from our friends'

Seabees expand bridge

When it was noted that residents were having difficulty using the narrow bridge over the drainage ditch behind the building, the Seabees came to the rescue. Several members of the CPOs Association at the 20th Naval Construction Regiment got busy and expanded the bridge so that all types of bikes can cross safely and smoothly. Thanks to our Seabee friends!



During construction, Seabees take down part of the original structure in order to widen the bridge.



Laura Slack, Interim Administrator, cuts the ribbon on the newly expanded bridge. Behind her Marian Powers and Bill Parker sit ready to cycle safely through. Bill Norvell (Bicycle Bill) is pictured also as are members of the CPO Association.

Senior Prom brings all ages together in dance

By Adelina Sowell, Volunteer Coordinator

On Friday, April 13th, the Second Annual Senior Prom was held at the Armed Forces Retirement Home. The Senior Prom is an evening dance held for the residents, reminiscent of the Senior Proms or dances held in school. The ladies and gentlemen were dressed in their finest party clothes and danced to the wonderful music of Steve and Art Deiorio. Part of this dance each year is inviting a local group of high school students to attend the "prom" as well. It's a wonderful opportunity of intergenerational interactions and the young people genuinely enjoy talking with and dancing with the veterans here at the home. This year the students from the "Student to Student" club from Ocean Springs High School were in attendance. The "Student to Student" club is made up primarily of young people who are active duty military dependents. They first spent time on Loyalty Hall, visiting with the residents there, and then proceeded to the dance, which started at 1900 hours. They sang, they dances and generally had a wonderful time with the residents. We hope to continue this tradition each year.

Hoppy Easter...Here Comes Peter Cottontails - You Mean Two Bunnies?

By Susan Bergman, MT-BC, Recreation Services

On April 3, Dennis Crabtree, Recreation Specialist, and Susan Bergman, Music Therapist, took to the bunny trail to bring Easter fun to Valor Hall and Loyalty Hall. Residents on each floor searched for the egg pictures they completed and tried to find their names hidden around the country kitchen and resident lounges. Fred Schell even looked under the dish rack saying, "nope...not there." The egg picture hunt was now a serious mission as finding a picture meant receiving Easter treats, chocolate, and stuffed bunny rabbits!

The mustached Easter Bunny brought smiles and the residents giggled watching the

bunnies bounce down the hallways visiting residents in their room, too. At times, residents locked arms and did the bunny hop to put a spring in their step. With carrots and candy in hand, you could hear "Hoppy Easter to all!!!"



Joseph O'Carroll accepts treats from the Easter bunnies as they hopped through Valor Hall.

AFRH-W April Activities

Friendship through Puzzles

Riegel and Smith enjoy puzzles over a cup of coffee

By Steven Briefs, Supervisor of Recreation Therapy

Every day Russell Riegel and George Smith meet in the LaGarde Recreation Center to ponder one of life's great challenges, how to build a puzzle. First they gather with their cups of coffee and choose which puzzle looks interesting. Then they separate the pieces and work to build the border. Once that job is completed they fill in the interior, section by section all the while, talking about family news or what's happening on their units. There is always a sense of pride when they have finished a puzzle and after congratulating each other, they pick out another and start all over again.

Mr. Smith says he enjoys building puzzles because it's challenging and he feels like he's accomplished something that day. It's also a great way to meet friends.



Riegel (front right) and Smith have 150 pieces of the puzzle together with 500 more to go.

Residents participate in Conductorcise

By Sarah Kenan and Steven Briefs
Recreational Therapy

On Saturday, March 31st a curious group of residents gathered in the KHC Recreation Center to see what this new program was all about. Mr. David Dworkin developed this new type of exercise workout that promotes physical activity and intellectual stimulation through classical music. Conductorcise uses a simple baton, music and the imagination of the participants to foster good balance techniques, cardio-vascular circulation and brain stimulation. Mr. Dworkin says it's an activity oasis for body, mind and soul.

And did our residents ever enjoy it. Each had a conductor baton and David led them in a variety of upper body movements all in coordination with the music that was playing. David also gave some of the history about each classical song and the com-



posers who wrote them. That made the whole activity a very unique experience. After the hour was finished, the residents were all tired from being conductorcised!

The Recreation staff has ordered our own batons and will soon add this program to our activity calendars.

Residents visit the Lorton Workhouse

By Lori Thompson, Art Specialist

On Saturday, April 14th, Residents enjoyed a delightful dinner at Madigan's Waterfront Restaurant in historic Occoquan, Virginia. We discovered several quaint shops and inviting art galleries to visit in the future. That evening, however, we were headed to Lorton Workhouse for their Second Saturday Art Walk. The old prison has been transformed into an artist colony. We wandered through several buildings and met artists at work in their studios. We watched glass blowing, wood turning and a pottery wheel session. There is a building devoted to glass work, aptly named "The Glass House" and one building for ceramics and pottery. The other buildings house a variety of art disciplines, from paintings to textiles and from jewelry to print making, there is art to suit all. There is also a theater and a museum. The latter is where we learned Lorton was once a women's workhouse. It is where the Suffragettes were sent when arrested. Lorton Workhouse is a fascinating place and we are looking forward to more Art Walks!



Clockwise from left: Tully Donohue, Ed Crump, Lori Thompson, Levin Marshall, Jim Webster, Ken Faller, Mimi Rivkin.

“Enjoying art and getting exercise along the way!”

Gardeners Spring Into Action

By Lori Thompson, Arts Specialist

Volunteers from "Friends of the Home," our new neighborhood partnership, are assisting Residents in their gardens this year and some volunteers will be involved in the upkeep of the garden's grounds and sheds. Residents are taking advantage of their new found assistance and the Resident participation more than doubled this year. We also had a group of volunteers help clean the sheds and grounds. Things are really beginning to "bloom" in the gardens. AFRH-W is also inviting the VA Hospital to use two plots, as part of their recreation rehabilitation program. We are planning several community get-togethers at the gardens this summer and fall. Our first garden community meeting will be on Tuesday, May 1st at 6:30 p.m. in Stanley Chapel's new conference room. Thank you to all of our new volunteers! Special thanks to Carrie Green, Friends of the Home Garden Liaison and AFRH-W Volunteer Coordinator, Carolyn Haug, for all of their hard work and assistance in getting our community garden off (or into!) the ground.

Salvation Army's Brass Band performs in LaGarde



By Steven Briefs, Supervisor of Recreation Therapy

On Wednesday, April 11th 37 members of Scotland's Bristol Easton band of the Salvation Army visited the KHC residents. They performed a wonderful variety of March compositions, devotional music, Cornet, Tenor Horn, Trombone and Flugel Horn solos. In between each song Colonel David Hinton explained the selection of music we were about to hear and read portions of scripture. The music was very moving and afterward the band members greeted our residents and happily answered questions. Three cheers for Scotland and the Salvation Army Brass Band!!

JINGO with Friends of the Soldiers' Home

By Amanda Jensema, Recreational Therapy

What a great pairing! Members from the community around AFRH-W have formed a group named Friends of the Soldiers' Home. In March and April they volunteered with the Recreation Therapy Department to assist the residents in KHC in a game of JINGO. We had a very lively group and all the residents were eager to win money and socialize with the Friends of the Soldiers' Home members. With this new partnership, they will be here to volunteer every month on the second Tuesday in a game of BINGO, or a variation such as JINGO or Pokeno. We hope to see you next month!

Backyard BBQ

DC hosts for cookout of the season

By Nicole Chappell, Recreation Specialist

On Friday April 20th, AFRH had the first cookout of the season, and it was a blast! The weather cooperated perfectly, and, in fact, it hasn't been the same since! Residents and guests in attendance enjoyed a variety of hearty cookout food and beverages galore. AFRH recreation staff encouraged residents to participate in several games throughout the event such as lawn darts, yolf, putt putt golf, and bocce. For those who chose to try board games, Scrabble and Trivial Pursuit were both well utilized. The Scrabble Dictionary certainly came in handy-who knew that so many two

letter words existed??

Resident DJ Billy White added a touch of musical entertainment by playing select songs by request while residents enjoyed their food.

After all the excitement and fun of the day, the cookout ended with a much anticipated ice cream social, better known as Build Your Own Sundae. On behalf of the Recreation Department, we would like to give special thanks to Dining Services, Campus Ops, the CUA football team, DC Cares, and Hilton Worldwide. We look forward to seeing everyone again in the month of May for our next cookout!



Michele Bailey showing off her Double Dutch jump moves during the first picnic of the year.

Resident volunteers efforts recognized

By Adelina Sowell
Volunteer Coordinator

The Armed Forces Retirement Home in Gulfport celebrated April as National Volunteer Month with two different events. On Friday, April 20th, there was a coffee and doughnut social for all resident volunteers. The turn out was great and it gave many resident volunteers the opportunity to see others who live here that also volunteer.

Adelina Sowell, the volunteer coordinator, also took this opportunity to give hand outs with points to remember such as monthly time sheet due dates and volunteer opportunities.

On Wednesday, April 26th, the Volunteer Appreciation and Recognition ceremony was held at 1030 hours in the Community Center. Here the resident vol-

unteers as well as community volunteers were recognized for the hard work and contributions they have made to the home in 2011. Special recognition certificates were also given to residents and community volunteers who had been nominated by a staff member for going above and beyond in their volunteer role.

Finally, there were 35 volunteers given Presidential Volunteer Service Award certificates and pins to recognize all the hours of volunteer service they provided. We finished up the celebration of this event with a cook out for everyone!

"Don't ever question the value of volunteers."

***Noah's Ark was built by volunteers;
the Titanic was built by
professionals. ~" (anonymous)***



Diana Dopp works with Frank Ward in the Chaplain's Office. Both Diana and Frank volunteer many hours each week to help other residents.



Volunteer Ron Harding and Father David Lemburg check out notices on the bulletin board in the Chaplain's Office. Ron volunteers there and also in Administration.



Volunteer Bernard Hipchen stocks shelves in the Thrift Store.



Claude Capers works in the Library.



Franklin Rosenburgh (Rosy) busy at work in Administration.

Coast Guard volunteers making a difference



Coastguard volunteers clean up leaves from the edge of the lower ponds during their recent outing to AFRH-W.

By Carolyn Haug, AFRH-W Volunteer Coordinator

Rakes, shovels, saws, post hole diggers, an auger and over 50 Coast Guards active duty took to the Ponds on Wednesday, April 11th. It was a cool day with a brisk wind, but that did not deter the steadfast volunteers of the Chief Petty Officer Association, Chief Warrant Officer Association and TISCOM in their continual plans to beautify the pond area. The Coast Guard has adopted the Ponds as their bi-annual service project. Over the last six years, they have turned the area into a pleasant retreat for our residents.

The Coast Guard cleared out a massive amount of debris around the south island; cut down the barbed wire around the fence; continued the posts and rope around both ponds; STAINED; built a couple of flower beds which flank the front entrance; widened the bridge and built a handrail along the south pond. One brave Coastie even put on his waiters and cleared large limbs from inside the south pond.

After all of the dirty work was complete, the volunteers enjoyed a pondside cookout with our residents. It was a special treat for all! Thank you to those who braved the cool weather and joined our Coast Guard volunteers! We look forward to their return in October.



This Coastie is adding another coat of sealer to the bridge that was built by Coast Guard volunteers last year.



This Coast Guard volunteer understands the value of a wheelbarrow and shovel during the Pond clean up.